

**ADVISORY COUNCIL ON  
AGING AND DISABILITY SERVICES  
Meeting Minutes**

**July 12, 2002  
Crossroads Community Center  
16000 NE 10<sup>th</sup> Street  
Bellevue, WA**

**ADVISORY COUNCIL**

**Present:** Martha Becker, Gabe Cohen, Lee Gaylor, John Kennedy Will Parry, Mae Shields, Karen Sluiter, Helen Spencer, Suzanne Wiley,

**Absent:** Steve Colwell, Suzanne Gehring, Randy Hayhurst, Greg Stack

**Excused:** Marc Avni, Pat Carroll, Thelma Coney, Cleo Corcoran, Timmie Faghin, Juanita Grant, Fred Yee

**Guests:** Alaric Bien, Shawn Daly, Bill Guinn, Terry Higashiyama, Lauren Kirby, Ronda Marsh, Stella Ogialle, Alex O'Reilly, Terry Smith, Larry Verhei, Lisa Yeager

**STAFF:** Margaret Casey, Selina Chow, Rosemary Cunningham, Peggy O'Brien-Murphy, Piering, Maria Ramirez, Allison Ruff, Ken Shulman, Linda Woodall, Karen Winston

**Minutes**

**Karen Sluiter**, Chair, convened the meeting at 12:00 p.m. The minutes of June 14, 2002 will be held to August due to lack of a quorum.

**Committee Reports:**

**Outreach & Advocacy and Health Care Task Force Joint Meeting:** *Martha Becker* and *Gabe Cohen*

The group recommends the Advisory Council send a letter to Senators Murray & Cantwell regarding the prescription drug bill, pointing out how the Senate bill meets n4a principles of universal, guaranteed, affordable, Medicare drug benefit. (House bill does not). Comparisons of the House & Senate bills were handed out. Gabe also said an outreach component would include letters to the editor of the PI & Times. An op-ed piece may go out to all media. Allison will prepare a draft.

**Forum** –Format will be a 2-hour morning session, in early December, with a focus on prescription drugs. A moderated panel discussion may feature key King County State legislators (primarily those involved in health care and budget issues). The Forum will make a strong effort to include audience participation. The Forum purpose is to bring the issue of prescription drugs to the attention of the community at-large. Co-sponsors (16 at present) will get the word out to their constituents and help to get the media involved. Next planning meeting will be July 19, Elliott Bay Room, Alaska Building. (Health Care Task Force will not meet in August.)

**Larry Verhei**, as a member of the ADA Public Accommodations Committee for King County, recently toured the new football stadium with other ADA providers and said everyone was impressed with the accessibility of new stadium. The stadium has reserved 700 prime seats for wheelchairs and companions. There is a video captioning system for announcements and all seats have assistive listening devices. The lounge has a counter lowered to 37" height for wheelchair accessibility. Larry requested the Advisory Council send a letter of appreciation to the First & Goal Group for their excellent ADA planning and thoughtful state of the art design.

**Planning & Allocation Committee** – *Lee Gaylor* reported that the committee recommended at their June 26th meeting to keep discretionary funds for 2003 at the 2002 adjusted base level. However, if it becomes necessary to make cuts to the 2003 budget, the P&A committee developed and recommends the following criteria for determining reductions:

- discretionary funding will be targeted for those core services that enable older adults and adults with disabilities to remain in their homes or in the community

- focus will be on the frail, low-income, ethnic minorities, and services effective in meeting program outcomes
- target services that are cost effective.

A Public Hearing will be held August 9<sup>th</sup> and comments from the hearing will be presented to the Sponsors for final adoption on Wednesday, July 14<sup>th</sup>. Selina Chow pointed out that we will not know the revenue situation until spring of 2003 and the magnitude of cuts, if needed, will be clearer at that time.

Consensus of AC was to approve P&A recommendations as described by Lee.

**Will Parry** suggested that any final decision made on cuts in 2003 should be accompanied by a cover letter explaining that, “every cut we’ve been compelled to make eliminates a necessary service. The budget is inadequate. It’s critical that we confront that problem and to take steps to increase the budget to meet real human needs. With that said, here’s our list of cuts.” The group agreed that as an advisory council we need to advise, and we must to find more ways to acquire the money needed for core services.

### **Director’s Report:**

**Rosemary Cunningham** reported for **Pam Piering** who is attending an n4a meeting in San Antonio.

- The n4a is lobbying for a 10% increase for the Older Americans Act and for doubling the Family Caregiver Act. Please voice support for these increases today through July 14<sup>th</sup>.
- State Council on Aging - **Lee Gaylor**, our representative on the State Council, said they have invited the Governor to the State Council meeting in September to discuss long term care. Letters have been sent to both the Secretary and Assistant Secretary of Human Services urging that long-term care be kept intact. One of the State Council members serves on Washington Home Care Quality Authority (formed by Initiative 775). Nine members have now been appointed to the Home Care Quality Authority Board. Their first meeting took place in June and the newly formed Board is now writing an outline of work and a job description for the director’s position. They would like to receive input from AC on a vision for the new authority board.
- Partnership with UW – Dr. Anne Shumway-Cook, a researcher in rehabilitative medicine, has shared with ADS the results of a study of 12 very frail diabetic adults seen by physical therapy students over 5-week period. This group averaged 7 illnesses and 8 medications; 60% have had falls in last 3 months, and 90-100% are below normal in fitness tests. Yet, after 5 visits, 9 of the 12 made measurable improvements. Hopefully, the successful treatment given to this sample group can be replicated for larger diabetic groups with similar successful results.
- The city’s Utility Discount Programs (for seniors, those with disabilities and low-income families) will be merged and housed at the Mayor’s Office for Senior Citizens (MOSC). Tech staff is working on a system that will allow people to sign up for the utility discount programs on-line.

### **Program**

**Alex O’Reilly**, Human Services Planner for the City of Bellevue, introduced and moderated the Eastside Provider Panel Discussion on Issues and Trends on the Eastside.

**Lisa Yeager**, Director of Sno-Valley Senior Center, serves the wide rural area of Preston, Fall City, Carnation and Duvall. She said their primary concern is extreme limited access to transportation in rural areas. There are no sidewalks in Carnation, making walking neither easy nor safe. Busses are available only twice during the day – at 6:30 am and 7:00 pm. An Access Bus will go only 2 miles off the bus line, yet 98% of the population in Snoqualmie valley lives beyond this limit. Although the senior center has a van, sometimes it takes 30 minutes to reach a person in a rural area – this distance virtually isolates them from contact and/or assistance. How cost effective is it to reach 1 isolated person when 6 others can be reached in the same amount of time? Hard choices – hard to convince funders that the time-consuming mileage for a few clients may not be cost effective, but is both necessary and worthwhile. Without it many in need must go without. It’s very difficult to get seniors to the basic services that they need and those in rural areas can become very isolated. Trying to get people to move into town has its own problem – the area provides no senior housing, assisted living, or nursing homes. While seniors in this area are not inclined toward recreational

activities, they do make use of hot meal programs, foot care and health enhancement programs. The senior population in Snoqualmie Valley has grown by 25% in the last 10 years.

**Terry Smith** is a Recreation Special Services Manager for Bellevue, which includes managing a major community center, some senior satellite facilities, and a fairly large refugee program. The Bellevue Human Services Commission allocates funding for organizations that provide for seniors, but recreation and socialization needs are dramatically changing, as is the definition of a “senior”. The City is trying to determine its role by developing an inventory of who provides services for seniors. They are also dialoguing with seniors to determine needs. Clearly, senior refugees and immigrant needs are increasing rapidly. Other issues have also arisen - now, diminishing incomes are requiring seniors to return to work for extra money. This raises a question of activities needed after hours – evening classes and programs.

Disability services is another area with increasing needs. Because of de-institutionalization and ADA laws, many people with disabilities are now living in the community and accessing more services. Nonetheless, integration into the community is still a serious problem for people with *severe* disabilities. More families are trying to keep family members with severe disabilities at home, and respite services are needed for this group of caregivers. While the city cannot provide all needed services, it can do an assessment to see which services are being provided and which are not. As funding gets tighter, prioritizing becomes a very critical necessity. Responsibilities must be shared between government, human service agencies and communities at large. Transportation, para-transit services, eligibility issues, funding, subsidies, are serious issues everywhere and must be addressed. Terry said after they gather information along the lines he has outlined, he would like to return to the AC for dialogue and feedback.

**Ronda Marsh**, Enrollment/Marketing Director of Eastside Adult Day Services, said Department of Social and Health Services (DSHS) has proposed new WACs that will affect Adult Day funding. At this time, 74% enrolled at her center are authorized for Medicaid funding. Another 98% enrolled in the young adult specialized program are eligible for Medicaid funding. 70% of these young adults live with working members of the community. 80% in the Issaquah center are below the poverty level. The average cost for people served in her program is only \$5,000 per year. Adult Day Services keeps individuals in the home and provides the caregiving family member respite. Ronda said that on average, Medicaid pays \$4,000-6,000 per month for room and board in a Nursing Home – include physical or occupational therapy and the price is higher. A mother of a disabled child told Marsha that institutional care for her child would be \$100,000 vs. \$11,000 a year for community-based outreach programs.

**Lauren Kirby**, Manager of Redmond Human Services, spoke about the newly formed Eastside Human Services Forum. The Forum concept is to unite a variety of groups to “work smarter” together on common issues of interest, and to become an advocacy voice for the Eastside. A mechanism was needed to collectively pull everyone together and the Forum is designed to capitalize on the combined energy of their membership which includes United Way, Eastside Human Services Alliance, Eastside Cities, community councils, schools, hospitals, non-profits, corporations, and the philanthropic community. Direction will be decided by the membership – together they will choose specific issues that are pressing for all, become creative on how to pool funding and find ways to form new partnerships. In order to advocate well they must know the community well. Telephone surveys will reveal what citizens of the Eastside value, and what services are most wanted or needed. Lauren said survival is dependent on these new alliances and allegiances and the Forum will provide a vital voice for Eastside human services.

**Shawn Daley** has been Director of Renton Senior Activity Center for the past 20 years. They serve 400 participants per day. He said all senior centers are having a difficult time, not just getting people to come to our programs but trying to decide what our purpose is. Should we be serving the frail elderly or the newly retired? The newly retired are not inclined to use the senior centers. Twenty years ago the role was to bring people in for 5-6 hrs a day. Now they tend to come for specific classes like aerobics or computer classes. They stay for 1-1.5 hrs then leave. The key to a successful senior center is staying on top of trends. Computers is most popular class, dance and exercise are also popular. Interest in sports has increased dramatically – especially softball volleyball, fitness, and health. Seniors today want to stay healthy. All centers must decide what they can and cannot do. Covering interests of seniors from 55 to the 90-year-old isn’t easy. We need to be realistic in deciding what we can do and how we can do it best.

**Alaric Bien**, Executive Director of Chinese Information Service Center (CISC), spoke about multi services on the Eastside for clients ages 1- 104. Youth development, parenting, employment services, and computer classes are some of the programs offered at CISC. Trends are getting very interesting. 25% of Bellevue residents are foreign born. Bellevue, Redmond and Kirkland have received over 100% increase in Asian population during the last 10 years. (Chinese population has increased 116% in Kirkland, 157% in Bellevue, and 432% in Redmond). There has been a very large influx of immigrants and many of these are seniors. Cross-cultural gatherings are important to communications and services. To address the needs of the Eastside Asians, CISC funded by ADS, started outreach programs including Information and Assistance, outreach and a variety of senior activities. Their biggest problem is access. Seniors are isolated by lack of transportation. Respite has also become a very important program for Asian families. Unfortunately, respite had been cut this year by 25%, which will make life for these people more difficult.

The Central European, Russian is also a fast growing ethnic group. They are more newly integrated, have no history of refugees coming before them, and the language is difficult. Outreach programs are needed to teach this new group how to use the services available to them.

Day programs serve people with mild, moderate, severe and profound disabilities. Those who have severe and profound disabilities don't have many services available to them. Parents of children with severe and profound disabilities need to go to work but can't because Day Programs are being cut. The Day Programs have been respite providers for these parents. Now what do they do? The City basically has recreation programs, which are of no real help without specially trained people or nurses to attend to this special group. The imbalance is continually increasing.

A lively discussion followed the panel presentation with a consensus that we should have these informational exchanges every year.

#### **Announcements**

- AC is invited to attend Maafa Suite performances this weekend.
- **Ken Shulman** was introduced as the new King County staff replacing **Maria Ramirez**.

THE MEETING WAS ADJOURNED AT 2:00 PM

#### **Next Meeting:**

**August 9, 2002, Noon - 2:00 PM**  
**Alaska Building, 618 Second Ave**  
**13<sup>th</sup> Floor Conference Room**  
**Seattle, WA 98104**

For information call Peggy at 206/684-0490

Suzanne Wiley, Secretary-Treasurer \_\_\_\_\_